

# LiveWell Employee Healthy Fall-Themed Recipe Book



2016

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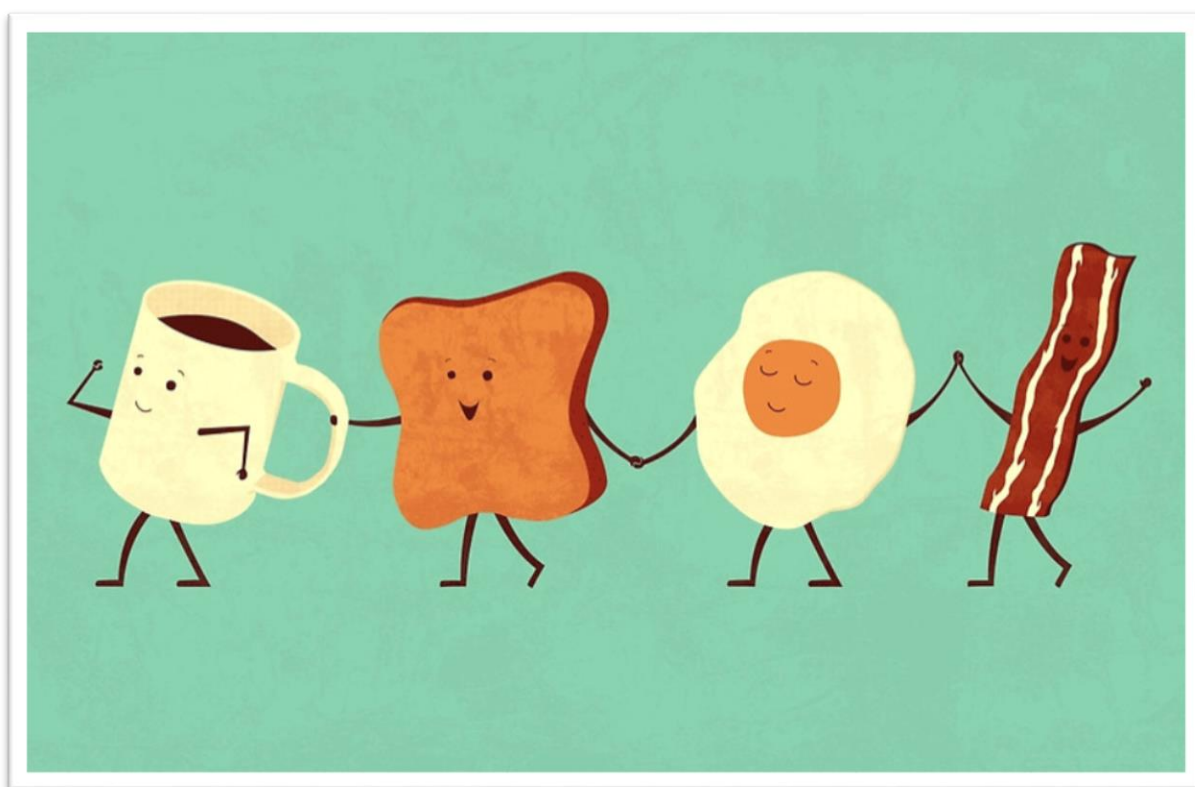
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## Breakfast



## Apple Cinnamon Oatmeal

Submitted by: LiveWell Vermont

Serves: 2

### INGREDIENTS

- 1 cup oatmeal
- 2 cups water
- 1 cup almond milk (or milk of your choice)
- 1-2 Tbsp. maple syrup
- ½ tsp cinnamon
- ¼ tsp salt
- 1 large apple (cored, peeled, and diced)
- 2 TBSP walnuts chopped

### DIRECTIONS

1. Place the oats, water, and salt in a saucepan and bring to boil.
2. Add apples and half of the milk. Stir well to mix.
3. When the oatmeal returns to boil, reduce to simmer, cover with lid, and let cook stirring frequently for about 15 minutes. If oats get to dry, add more milk or water.
4. When the oatmeal is smooth and creamy, turn off heat and stir in maple syrup, walnuts and the remaining milk.
5. Ladle out into bowls. Sprinkle with more cinnamon and walnuts. Serve immediately.



## **Baked Apple French Toast**

Submitted by: LiveWell Vermont. *Recipe from Eating Well Magazine*

**Serves:** 12

**Preparation Time:** 25 minutes

**Total Cooking Time:** 9 1/2 hours (including 8 hours of refrigeration time)

**Per serving:** 183 calories; 1 g fat (0 g sat, 1 g mono); 1 mg cholesterol; 33 g carbohydrates; 10 g protein; 4 g fiber; 344 mg sodium; 312 mg potassium.

### **INGREDIENTS**

- 3 cups skim milk
- 2 cups pasteurized liquid egg whites, such as Egg Beaters
- 3 Tbsp. honey
- 1 1/2 tsp vanilla extract
- 1/4 tsp salt
- 1 1-pound loaf sliced whole-grain bread
- 1 cup chopped dried apples, approximately 3 ounces
- 1/2 cup raisins
- 1 1/2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1 Tbsp. confectioners' sugar

### **DIRECTIONS**

1. Preheat oven to 350°F.
2. Whisk milk, egg whites, honey, vanilla and salt in a large bowl.
3. Trim crusts off 8 bread slices and set aside. Cut the crusts and the remaining bread into 1-inch pieces. Toss with dried apples, raisins, cinnamon and nutmeg in another large bowl.
4. Coat a 9-by-13-inch baking pan with cooking spray. Transfer the bread mixture to the pan. Lay the reserved crust less slices evenly on top, trimming to fit. Whisk the milk mixture one more time, then pour evenly over the bread. Press the bread down with the back of a wooden spoon, making sure it's evenly moist. Cover with parchment paper, then foil, and refrigerate for at least 8 hours or up to 24 hours.
5. Bake the casserole, covered, for 40 minutes. Uncover and continue baking until puffed, set and lightly browned, about 20 minutes more. Let stand for 10 minutes; dust with confectioners' sugar and serve.

**Make Ahead Tip:** Prepare through Step 3 and refrigerate for up to 1 day.



## Pumpkin Pie Pancakes

Submitted by: LiveWell Vermont

Serves: 2

### INGREDIENTS

- 4 large eggs
- $\frac{3}{4}$  cup egg whites
- 1 (15 oz.) can of pumpkin
- 1 cup almond meal
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- dash of nutmeg
- 1 teaspoon ground cinnamon
- cooking spray

### DIRECTIONS

1. In a medium bowl, mix all the ingredients together.
2. Heat pancake griddle to medium heat and coat with coconut or safflower oil.
3. Cook each side about 3 minutes until brown, then flip and cook remaining side. Enjoy!



Nutrition Information: 255 calories, 15 g fat, 112 mg sodium, 11 g carbohydrate, 5 g fiber, 19 g protein.



## Sweet Potato Muffins

Submitted by: LiveWell Vermont

### INGREDIENTS

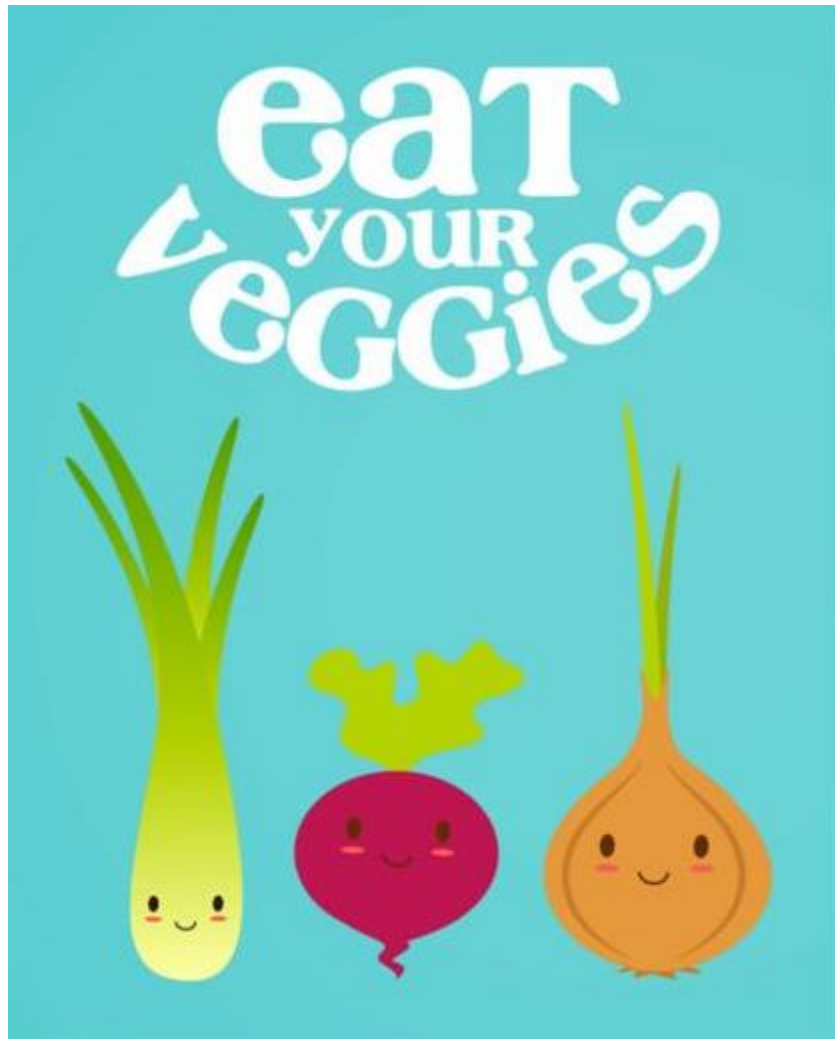
- 1/2 cup raisins
- 1/3 cup apple cider or juice
- 1 medium sweet potato peeled
- 1 medium tart apple peeled
- 2 cups whole wheat flour
- 1/2 cup packed brown sugar
- 1/4 cup honey or maple syrup or sweetener of choice
- 2 tsp baking soda
- 2 tsp ground cinnamon
- 1 tsp ground ginger
- 1/4 tsp salt
- 3 large eggs, beaten
- 3/4 cup coconut oil
- 1 tsp vanilla extract
- 1/2 cup chopped walnuts
- 1/2 cup unsweetened shredded coconut
- 1/4 cup rolled oats



### DIRECTIONS

1. Preheat oven to 375 degrees.
2. Warm up juice or cider and add raisins on stove or in the microwave. Once the cider is warm, plump the raisins by adding them to the cider and setting aside.
3. Grate the sweet potato and apple and set aside.
4. Whisk flour, sugar, baking soda, cinnamon, ginger, and salt in a large bowl. Add eggs, coconut oil, vanilla, raisins, and juice.
5. Fold in the sweet potato, apple, walnuts, and coconut.
6. Spoon batter into lined muffin pans.
7. Sprinkle oats over batter.
8. Bake until lightly brown (18-20 minutes) and a toothpick comes out clean.

## Salads





### Cranberry-Gorgonzola Salad

Submitted by: Maria Burt

SERVES: 4



#### INGREDIENTS

- 3 cups spinach (or mixed greens)
- 1/2 cup dried cranberries
- 1/2 cup gorgonzola cheese
- 1/2 cup chopped walnuts
- *Optional:* Top with grilled chicken or turkey breast
- Balsamic vinaigrette

#### DIRECTIONS

1. Combine greens, cranberries, and cheese in a large salad bowl; toss gently.
2. Top with protein if desired, then sprinkle walnuts on top.
3. Serve chilled with your choice of dressing, recommended balsamic vinaigrette.

## **Kale, Butternut Squash, and Apple Salad with Maple Dressing**

Submitted by: LiveWell Vermont

Serves: 4-5 (1 cup serving)

### **INGREDIENTS**

#### *Salad*

- 8 cups chopped Kale leaves
- 1 apple cut into matchsticks (pink lady, honeycrisp, and granny smith apples all work well)
- 1 cup cubed roasted butternut squash, cooled
- ¼ cup thinly sliced red onion
- 1/3 cup crumbled feta, (optional)
- ¼ cup chopped pecans, roasted

#### *Dressing*

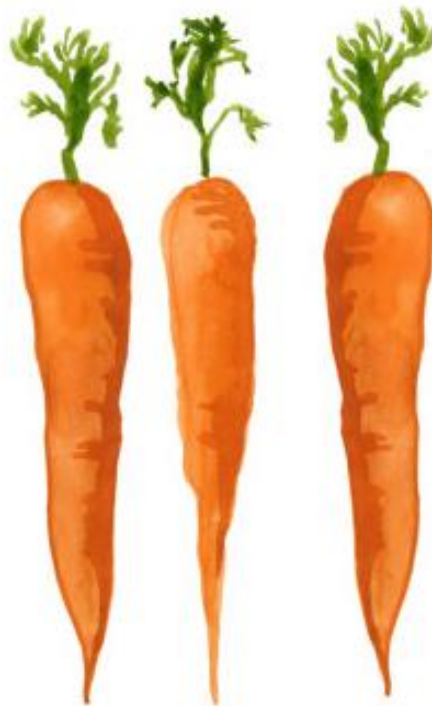
- 2 TBSP Extra virgin olive oil
- 1 TBSP Apple Cider Vinegar
- 2 tsp Pure maple syrup
- 1 TBSP Dijon mustard
- Salt and pepper

### **DIRECTIONS**

1. In a large bowl toss kale with half the dressing.
2. Add remaining ingredients and toss with the rest of the dressing.
3. Serve immediately.



## Soups



## "Asian Chicken Noodle Soup" from America's Test Kitchen Cookbook

Submitted by: Lori Perry

SERVES: 4 to 6

TOTAL TIME: 45 minutes

*NOTE: You can find shredded coleslaw mix in the packaged salad aisle at the grocery store. Be careful not to overcook the chicken in step 3 or it will taste dry.*

### INGREDIENTS

- 1 tablespoon vegetable oil
- 1 pound boneless, skinless chicken breasts, trimmed
- Salt and pepper
- 5 scallions, white and green parts separated and sliced thin
- 2 tablespoons grated fresh ginger
- 2 garlic cloves, minced
- 6 cups low-sodium chicken broth
- 2 tablespoons dry sherry
- 2 tablespoons soy sauce, plus extra as needed
- 2 (3-ounce) packages ramen noodles, flavoring packets discarded
- 3 cups shredded coleslaw mix
- 3 ounces (3 cups) baby spinach
- 1 tablespoon sesame oil, plus extra as needed



### DIRECTIONS

1. Heat vegetable oil in Dutch oven over medium high heat until just smoking. Pat chicken dry with paper towels and season with salt and pepper. Brown chicken lightly on both sides, about 5 minutes; transfer to plate.
2. Add scallion whites, ginger, and garlic to fat left in pot and cook over medium heat until fragrant, about 1 minute. Stir in broth, sherry, and soy sauce, scraping up any browned bits.
3. Add browned chicken, cover, and simmer gently until it registers 160 degrees, about 1.
4. Meanwhile, return soup to simmer, stir in noodles and coleslaw mix, and cook until noodles are tender, about 4 minutes. Stir in shredded chicken and spinach and cook 0 minutes. Transfer chicken to cutting board and shred into bite-size pieces. until spinach is wilted, about 1 minute. Stir in scallion greens and sesame oil. Season with salt, pepper, soy sauce, and sesame oil to taste. Serve.

## **Butternut Squash Soup**

Submitted by: Lisa Bongiorno



### **INGREDIENTS**

- 1 peeled, seeded and chopped butternut squash,
- 1 peeled and quartered onion,
- 1 peeled and quartered baking potato,
- 1 quart chicken broth and
- 1/2 - 1 cup whole milk

### **DIRECTIONS**

1. Preheat the oven to 400 degrees.
2. In a 9x13 inch baking dish, toss the squash, onion and potato with 2 tablespoons extra-virgin olive oil to coat; season with salt and pepper. Bake until tender, 45 minutes to 1 hour.
3. Transfer the vegetables and any juices to a large soup pot, add the chicken broth and bring to a simmer over medium-high heat.
4. Remove from the heat and, using an immersion blender, puree until smooth. Stir in the milk to the desired thickness, and season with salt and pepper.

## **Butternut Squash Soup with White Beans and Broccoli**

Submitted by: Stephanie Teeter

SERVES: 5-6

### **INGREDIENTS**

- 1 small onion, halved and sliced - about 1 c.
- 2 cloves garlic, thinly sliced
- 6 sprigs of fresh thyme
- 1 sprig of fresh rosemary
- 2 Tbsp. olive oil
- 4 c. peeled, diced (1/2 inch) butternut squash pieces
- 4 c. reduced sodium chicken broth
- 1/3 c. dry white wine (Like a chardonnay)
- 1 (15 oz.) can navy beans, drained and rinsed
- 1 tsp. cumin
- 1 tsp. turmeric
- 1 1/2 c. cooked broccoli

### **DIRECTIONS**

1. Heat 2 Tbsp. olive oil over medium-low heat in a large saucepan. Add thyme, rosemary, and onions and cook for five minutes, stirring frequently. Add garlic and cook another 1-2 minutes, still over medium-low heat, stirring frequently.
2. Add butternut squash pieces and continue cooking over medium-low heat, stirring occasionally, about 25 minutes, until squash is fork-tender.
3. Pour chicken broth and wine into the squash mixture and simmer about 10-15 minutes to further soften the squash. Remove thyme and rosemary stems (I have just used loose spices and leave them in).
4. Remove from heat and blend using a stick blender until soup is smooth. Add beans, cumin, turmeric, and broccoli and return to simmer until all ingredients are heated through.





## Cabot Squash Soup

Submitted by: Kim Greenwood

Recipe courtesy of Cabot Creamery Cooperative.

*NOTE: In the fall, we bake a bunch of squash and freeze it in bags. When it's time to make this soup, we just throw the contents of one of these into the pot. I make this recipe so often, that I feel like it's my own, but it's from Cabot. A dash of Maggi's sauce ups the flavor. We've also added broccoli, tofu, pasta and rice in different variations.*

### INGREDIENTS

- 2 pounds butternut squash, peeled and cut into chunks
- 4 cups homemade chicken stock or prepared chicken broth
- 1 cup Cabot Light Sour Cream
- 4 ounces Cabot Sharp Light Cheddar, grated (about 1 cup)
- 1 tablespoon Cabot Salted Butter
- 1/4 teaspoon ground red pepper (cayenne)
- Salt and ground pepper to taste
- 1 tablespoon sugar (optional)
- Chopped fresh chives for garnish



### DIRECTIONS

1. In large saucepan, combine squash and stock or broth; bring to boil over high heat. Reduce heat to medium, cover pan and simmer squash for 20 minutes or until very tender.
2. Uncover and let cool. Puree in blender or food processor, in batches if necessary.
3. Return puree to saucepan and place over medium-low heat. Stir in sour cream, cheese, butter and red pepper. Add salt and ground pepper to taste. If squash lacks sweetness, add optional sugar.
4. Stir soup just until heated through (do not allow to boil). Serve sprinkled with chives.

## **Crockpot Sweet Potato & Black Bean Quinoa Chili**

Submitted by: Sue Hackney

SERVES: 6 - 8 servings

### **INGREDIENTS**

- 3 cups diced sweet potato (about 1 large)
- 1 cup diced red onion (about 1 medium)
- 1 cup diced bell peppers (about 1 large)
- 3 garlic cloves, minced
- 1 (15 oz.) can organic black beans
- 1 (28 oz.) can of fire roasted tomatoes
- 3 - 4 cups vegetable broth
- 2 tablespoons tomato paste
- 1/2 cup uncooked quinoa
- 1 - 1 1/2 tablespoons chili powder
- 2 teaspoons cumin
- 2 teaspoons paprika
- 1 teaspoon coriander
- 1/2 teaspoon cayenne (to taste)
- Salt & pepper to taste

### **DIRECTIONS**

1. Add all ingredients into crockpot (starting with just 3 cups of broth). Turn on high and cook for 4 hours, turn down to low and continue to cook until ready to serve. If too thick, stir in another 1/2 - 1 cup of water.
2. Serve with diced avocado (or guacamole) and tortilla chips if desired. NOTES: If you don't have the option to turn your crockpot down after four hours (if you're at work), just leave it on low for 6 - 8 hours and the results will be the same



## Fall Harvest Soup

Submitted by: Heather Walton

### INGREDIENTS

- 1 tablespoon butter
- 2 onions, chopped
- 6 cups chicken broth
- 1 large sweet potato, peeled and chopped
- 2 large carrots, peeled and chopped
- 1 apple, cored and chopped
- 1 pear, cored and chopped
- 1 cup chopped red bell pepper
- 1 (15 ounce) can pumpkin puree
- 1/2 cup evaporated milk (optional)
- 1 tablespoon honey
- 1 1/2 teaspoons ground allspice
- 1 1/2 teaspoons ground nutmeg
- 1 1/2 teaspoons ground cloves
- 1 1/2 teaspoons ground cinnamon
- salt and ground black pepper to taste
- 8 leaves fresh basil for garnish



### DIRECTIONS

1. Melt butter in a large soup pot over medium heat; cook onions in butter, stirring frequently, until lightly golden brown, about 15 minutes. Pour chicken broth into onions and bring to a boil.
2. Reduce heat to low, stir sweet potato and carrots into broth mixture; simmer until vegetables are tender, about 10 minutes. Stir apple, pear, and red pepper into the mixture; simmer until softened, about 5 more minutes. Use an immersion blender to blend the mixture into a smooth puree.
3. Stir pumpkin puree, evaporated milk, honey, allspice, nutmeg, cloves, cinnamon, salt, and black pepper into soup; puree again with the immersion blender. Ladle into bowls; garnish each serving with a basil leaf

## Spicy Butternut Squash Soup

Submitted by: Bethany Fair

### INGREDIENTS

- 1 whole butternut squash
- 1 container chicken or vegetable stock
- 1 yellow onion, sliced
- Few cloves of garlic (I use a lot)
- 2 carrots, chopped
- 2 sticks of celery, chopped
- 1 tablespoon curry powder
- Red Pepper flakes to taste
- Salt & pepper to taste
- 1 tablespoon Sriracha
- 1/4 cup Almond milk/cream
- A squeeze of lime/lemon
- 1 teaspoon Garlic powder
- teaspoon Honey or brown sugar
- Dash of fish sauce or soy sauce



### DIRECTIONS

- Peel and cube the butternut squash into chunks. If you have time, I like to marinate the cubes in sriracha, honey, salt, and pepper for a few hours before baking.
- When you are ready, roast the squash on a baking sheet in the oven for about 20-30 minutes in the oven around 375 degrees. Just check it while it's in the oven and remove when you can easily insert a fork into the squash.
- Roughly chop up the onion, carrots, celery and garlic and sauté in a large pot in either olive oil or butter. When the vegetables become soft, add in a large container of chicken or veggie stock, 1.5 tablespoons of brown sugar, a dash of fish/soy sauce, and the curry powder and red pepper flakes (you can adjust the seasonings to taste and add other things too, like cilantro!). I also add a cup of almond milk to the stock to make it a bit creamier/sweeter. You can also use heavy cream if you want it super creamy. Bring all this to a boil and then reduce heat to medium.
- Add the roasted butternut squash to the pot and stir. Then turn the heat to low and use either an immersion blender to blend the soup together or remove and put it in a blender. Once the soup is blended, taste it and add whatever you think it needs (salt maybe). Let the soup then simmer on low for about 20 minutes or you can throw it in the crock pot at this point.
- Before serving, I throw in the juice of 1 lime, or a half a lime if you want it less acidic. I also usually top the soup with some crushed walnuts and goat cheese crumbles.



## Veggie Dishes



## **Baked Pumpkin Ravioli**

Submitted by: LiveWell Vermont

Serves: 5-7. Makes 28 raviolis (serving size = 4)

### **INGREDIENTS**

- 56 Wonton wrappers
- ¾ Cup pumpkin puree
- 1 Cup low-fat ricotta
- 1 tsp Kosher salt
- 1 tsp Nutmeg
- 1/8 tsp fresh pepper
- 1 tsp egg white
- 1 tsp olive oil
- ¼ cup tomato sauce of your choice
- Fresh sage, finely chopped



### **DIRECTIONS**

1. Preheat oven to 350 degrees F.  
Lightly spray a baking sheet with cooking oil.
2. Mix pumpkin puree, ricotta, salt, pepper, and nutmeg together in a large bowl
3. Dollop one heaping tablespoon of the pumpkin ricotta mixture in the center of half (26) the wonton wrappers.
4. Brush a little egg white around the mixture to the edge of each wrapper.
5. Place the remaining wrappers on top of the wonton wrappers with filling – press down around the filling.
6. Press fork down around the edges to seal the ravioli
7. Lightly brush each ravioli with olive oil.
8. Bake for 7-9 minutes depending on the texture you would like (less time = more pasta like ravioli and more time = a crunch around the edges).
9. Move cooked ravioli to a paper towel for a few minutes. Top with tomato sauce and sprinkle with sage.

Nutrition Information: 204 calories per serving, 10g protein



## Ginger Curried Butternut Squash with Bulgur

Submitted by: Gillian MacKinnon

### INGREDIENTS

- 2 tbsp. Olive oil
- 1 small red onion
- 2 garlic cloves
- 3 tbsp. fresh or jarred ginger
- 2 tbsp. Natural peanut butter
- 1 cup coconut milk
- 2 tbsp. red curry paste
- 1 tbsp. cumin
- 1 tsp cayenne pepper
- cups veggie or chicken stock
- 1 butternut squash/ 1" diced
- 1 cup bulgur
- Salt and Pepper to taste.

### DIRECTIONS

1. Prepare 1 cup of bulgur using directions on the bag.
2. Chop onion, garlic and ginger and add to a 3 qt sauté pan with olive oil. Cook over medium heat until onion is softened.
3. Add veggie stock and butternut squash to pan. Keep heat on low-med.
4. In a bowl, mix together the coconut milk, peanut butter, red curry paste, cumin and cayenne pepper.
5. Add to the sauté pan and allow to simmer for 15 minutes or until the squash is soft.
6. When finished, put butternut squash and sauce over bulgur and serve with a small green salad.



## Stuffed Acorn Squash

Submitted by: LiveWell Vermont

Serves: 2

### INGREDIENTS

- 1 medium acorn squash, halved with the seeds taken out
- 1 medium apple (McIntosh or Honey Crisp work well), chopped
- 1 cup brown rice
- 1/2 medium onion, diced
- Olive Oil
- Maple Syrup
- Walnuts
- (optional) sausage or meat-free/soy product, cooked and cut
- (optional) shredded cheddar cheese



### DIRECTIONS

1. Preheat oven to 400 degrees. Line a baking sheet with foil and lightly brush acorn squash halves with olive oil.
2. Cook 1 cup of brown rice (combine with 2 cups of water, bring to boil, then cover pan and let simmer until water is absorbed and rice is fluffy).
3. While the rice is cooking place the acorn squash in the oven and bake for about 40 minutes.
4. In a skillet, sauté onions until fragrant and add sausage or meat free product to cook.
5. Combine in a bowl the rice, cooked sausage, onions, walnuts, and the chopped apple. Add maple syrup to taste. Stir in cheddar cheese.
6. Once the butternut squash is a little soft, put the rice mixture in the acorn squash halves and add any remaining that does not fit to the baking sheet. Bake for another 20 minutes and then pull from the oven. Let cool and serve.

## Sweet Potato Fritters with Avocado Salsa

Submitted by: LiveWell Vermont

*Makes 2 servings*

### INGREDIENTS

- 1 Egg
- 1 Medium Sweet Potato (peeled, grated, and drained)
- 1 tsp Olive Oil
- Sea salt
- Pepper
- 1 Tablespoon Coconut Oil
- 1 Avocado Cubed
- 1 Large Tomato Cubed
- 1/2 Small Lemon Juiced
- Handful of Basil Leaves (torn)



### DIRECTIONS

1. Whisk egg well in small bowl. Combine with sweet potato, olive oil, and salt and pepper - mixing well.
2. In a large pan, melt coconut oil over medium heat. Spoon potato mixture into pan and flatten out to make a patty the size of your palm. Cook for about 4 minutes on each side until golden brown and crispy.
3. Meanwhile place avocado and tomato in a bowl. Squeeze the lemon juice over top and season to taste with salt and pepper. Add basil and mix well.
4. Serve fritters topped with salsa.

## Zucchini Fritters with Garlic Herb Yogurt Sauce

Submitted by: Kinsley Sicard

Yield: 10-12 FRITTERS / Prep Time: 1 HOUR total / Time: 1 HOUR, 30 MINUTES

*Perfectly golden brown, crispy, and light zucchini fritters*

### GARLIC HERB YOGURT SAUCE INGREDIENTS

- ½ cup plain Greek or regular yogurt
- 2 teaspoons chopped parsley
- 1 Tablespoon chopped fresh mint
- 2 Tablespoons fresh lemon juice
- 1 Tablespoon olive oil
- 1 teaspoon honey
- 1 heaping teaspoon minced garlic
- Salt and fresh ground black pepper, to taste

### FRITTERS INGREDIENTS

- 2 cups shredded zucchini (2 small or 1 large zucchini)
- 1 cup shredded sweet potato (1 small, peeled)
- 1/3 cup finely chopped onion
- 1 and 1/2 teaspoons salt
- 2 large Eggland's Best eggs
- 1 heaping teaspoon minced garlic
- 2 Tablespoons chopped parsley
- 2 Tablespoons chopped fresh mint
- 1/2 teaspoon freshly ground black pepper
- ½ cup cornmeal
- 1 Tablespoon cornstarch
- 1/3 cup olive oil

### DIRECTIONS

*To make the yogurt sauce:*

1. Whisk all the yogurt sauce ingredients together except for the salt and pepper. Taste, then add salt/pepper to your taste. Cover and refrigerate until ready to serve.

*To Make the fritters:*

1. Place the shredded zucchini, sweet potato, and onion in a large strainer. Top with 1 teaspoon salt and mix it around with a large wooden spoon. Press down with your hands to begin draining some of the water from the vegetables. Let that sit in the sink for a few minutes.
2. Meanwhile, line a large bowl with paper towels or a clean dish towel (easier to use a towel!). Place the vegetable mixture in the bowl and top with more paper towels or fold over the dish towel. Begin pressing down; you need to get out as much liquid as possible. Grab more paper towels or a new dish towel as needed. Note: you can also simply wring out the vegetables in the dish towel over the sink. Just keep wringing!

3. Let the vegetables sit in the towels for 45 minutes, then press again. The goal is to remove as much moisture as possible. Otherwise, the fritters will be soggy. You will be amazed how much water you wring out!
4. Whisk the eggs together in a large bowl. Once beaten, whisk in the garlic, parsley, mint, remaining 1/2 teaspoon salt, and pepper. Fold in the vegetables, then add the cornmeal and cornstarch until everything is combined.
5. Heat the oil in a skillet over medium-high heat. Once hot, use a fork to scoop up around 2 Tablespoons of the zucchini mixture (I always eyeball the amount). There may be liquid pooling in the bottom of the bowl, so make sure you use a fork so the excess liquid isn't in your fritter. Place the mixture onto the hot skillet and flatten with a spatula. Repeat with a few more, making sure not to overcrowd the skillet. Cook until golden brown, about 3 minutes on each side.
6. Transfer to a paper towel lined plate until finished. Serve warm fritters with yogurt sauce.

***Make ahead tip:*** These fritters are best cooked and eaten right away. They make great leftovers stored in the refrigerator for up to 1 week. Reheat by placing on a lined baking sheet under the broiler for a couple minutes. Freeze fritters for up to 3 months. Thaw overnight in the refrigerator and reheat as directed before.





## **Meat Dishes**





## Roast Pork Tenderloin with Apples and Onions

Submitted by: Amy Bolger

SERVES: 4

*NOTE: I have tweaked this recipe from Bon Appetit magazine a bit over the years, and it has become a recipe my family enjoys at least annually but always in the fall. I have substituted Calvados or even Champagne for the wine (or cider) with excellent results. And at only 281 calories per serving it can be part of a healthy meal. We like to eat this with steamed green beans and roasted parsley potatoes.*

*Enjoy!*

### INGREDIENTS

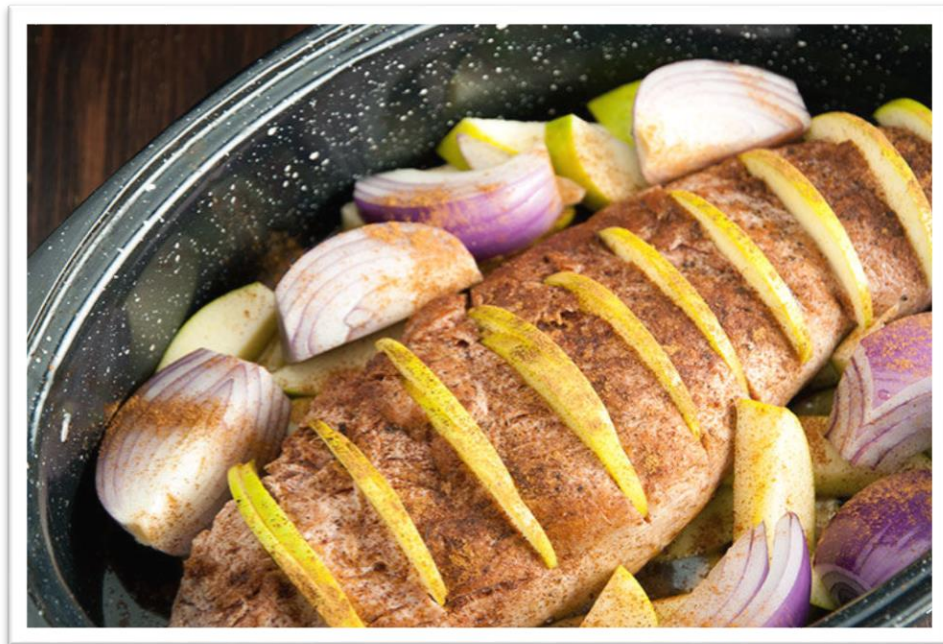
- 1 large pork tenderloin (about 14 ounces)
- 3 tablespoons olive oil, divided
- 2 tablespoons whole grain Dijon mustard
- 2 teaspoons fennel seeds; or, an equal mixture of thyme and rosemary needles, chopped together
- 1 large onion, sliced – I like to use a sweet onion like Walla Walla or Vidalia
- 2 medium Granny Smith apples (may substitute other similarly-sized, sour, firm cooking apples), peeled, cored, and quartered
- 1/2 cup dry white wine or cider
- optional: ¼ cup pomegranate seeds

### DIRECTIONS

1. Preheat oven to 450°F. Season pork all over with salt and pepper.
2. Heat 2 tablespoons oil in large ovenproof skillet over medium-high heat. Add pork and sear until all sides are brown, turning occasionally, about 5 minutes. Transfer pork to plate. Cool slightly. Spread mustard over top and sides of pork; press herbs into mustard. Add remaining 1 tablespoon oil to skillet. Add onion slices and apples; sauté over medium heat until golden and softened, about 5 minutes. Spread evenly in skillet and sprinkle with salt and pepper. Place pork on top of apple-onion mixture.
3. Transfer skillet to oven and roast until apple-onion mixture is soft and brown and meat thermometer inserted into center of pork registers 150°F, about 15 minutes. Really - 150°!
4. Transfer pork to platter and tent with foil. Let stand 5 minutes so the temperature will rise and the juices will distribute.
5. Meanwhile, pour liquid (wine, cider etc.) over apple-onion mixture in skillet. Stir mixture over high heat until slightly reduced, about 2 minutes. Cut pork on the diagonal into 1/2-inch-thick slices. Spoon apple-onion mixture onto plates. Top with pork, top pork with pomegranate seeds if using, and serve.

### Nutrition Information

Servings 4.0/ Amount Per Serving calories 281/ % Daily Value \* Total Fat 13 g 19 % Saturated Fat 2 g 11 % Monounsaturated Fat 9 g Polyunsaturated Fat 1 g Trans Fat 0 g Cholesterol 53 mg 18 % Sodium 139 mg 6 % Potassium 153 mg 4 % Total Carbohydrate 16 g 5 % Dietary Fiber 3 g 11 % Sugars 12 g Protein 21 g 41 % Vitamin A 1 % Vitamin C 8 % Calcium 2 % Iron 7 % \* The Percent Daily Values are based on a 2,000-calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.



## Salmon with Quinoa and Greens

Submitted by: LiveWell Vermont

Serves: 4

### INGREDIENTS

- 1 1/2 cups quinoa
- 2 cups water
- 1 cup fresh mint leaves
- 1/4 cup plain Greek yogurt, non-fat
- 4 salmon fillets
- 1 1/2 Tbsp. extra virgin olive oil
- 1 bunch broccolini, coarsely chopped, blanched
- 1 bunch asparagus, coarsely chopped, blanched
- 1 fennel bulb, trimmed reserving fronds, halved, thinly sliced
- 1/4 cup fresh dill sprigs
- 1 tsp ground cumin
- 1 lemon, rind finely grated, juiced



### DIRECTIONS

1. Heat a saucepan over medium heat. Stir the quinoa for 2-3 minutes or until aromatic. Stir in water. Bring to the boil. Reduce heat to low. Cover. Simmer for 15 minutes or until the water is absorbed. Cool for 10 minutes. Transfer quinoa to a large bowl and place, uncovered, in the fridge until required.
2. Meanwhile, chop half the mint. Combine the chopped mint with the yoghurt in a small bowl. Place in the fridge until required.
3. Place salmon fillets on a plate. Drizzle over 2 teaspoons oil.
4. Preheat a barbecue flat plate or frying pan on medium-high. Cook salmon for 2-3 minutes per side, or to your liking. Transfer to a plate to rest.
5. Add broccolini, asparagus, sliced fennel, fennel fronds, dill, cumin, lemon rind and juice, and remaining mint and oil to the quinoa. Gently toss to combine. Serve with the salmon and yogurt mixture.

One serving equals: 195 calories, 7.2g fat, 68mg sodium, 35g carbohydrate, 7g fiber, and 35.6g protein.

## Sausage, Kale, and Cauliflower Casserole

Submitted by: LiveWell Vermont

Servings: 6/ One serving equals: 238 calories, 10 g fat, 584 mg sodium, 14 g carbohydrate, 4 g fiber, and 18 g protein

### INGREDIENTS

- 1 teaspoon olive oil
- 1 yellow onion, diced
- 2 garlic cloves, minced
- 3 cups kale, chopped
- dash of salt and pepper
- Pinch of each, dried: thyme, rosemary, tarragon, and parsley
- 4 links nitrate-free, chicken sausage, sliced into half-moons (try the following brands: Aidells, Bilinski's, or El Fresco)
- 1 head cauliflower, cut into small florets
- 1/2 cup low-sodium chicken broth
- 1 teaspoon lemon juice
- 1 cup low-fat ricotta cheese
- 1/3 cup Parmesan cheese, shredded and divided



### DIRECTIONS

1. Preheat oven to 425 degrees F. Lightly grease a casserole dish with olive oil. Place a large pot of water to boil with a pinch of salt.
2. In a large skillet over medium heat, sauté the olive oil, onion, garlic, salt and pepper, dried herbs and chicken sausage. Mix well, and then add kale. Cover for about 3 minutes, until kale gets bright green and wilted, then remove cover. Sauté for an additional 3 minutes until everything is tender. Set aside.
3. Place the cauliflower florets in the pot of boiling water. Boil for 5 minutes, then remove from heat, drain, and return cauliflower to pot.
4. Add the kale mixture to the pot as well as the chicken broth, lemon juice, ricotta cheese and half of the Parmesan cheese. Mix well over medium heat until all has been incorporated.
5. Transfer to prepared casserole dish. Top with remaining Parmesan cheese. Cover with foil and bake for 15 minutes. Remove foil and bake for an additional 5 minutes.
6. Remove from oven and serve.

## Treats





## Fresh Picked Fall Raspberry and Apple Crisp

Submitted by: Alissa Robertson

*NOTE: This dessert has a nice flavor because of the raspberries added to the mixture. Serve warm with a scoop of Vanilla Greek yogurt, for a healthier twist to classic crisp. You can choose your favorite apple, but McIntosh are great!*

### INGREDIENTS

- 12 apples, peeled, pitted and sliced into 1 inch wedges (about 2 pounds)
- 1 pint of fresh raspberries
- ½ cup of granular sugar
- 1 teaspoon of pure Vanilla extract
- 1 Tablespoon of fresh lemon juice



### TOPPING INGREDIENTS

- ¾ cup of all-purpose flour
- 1/3 cup of packed brown sugar.
- 1 cup of finely chopped Pecans
- 1 teaspoon of pure vanilla extract
- 4 tablespoons of coconut oil, cut up into small pieces (hard at room temperature)

### DIRECTIONS

1. Lightly grease a 9 by 13 baking dish with coconut oil and put aside. Preheat your oven to 400 degrees.
2. Mix your apples, sugar, lemon juice, and vanilla extract together in a medium mixing bowl. Now pour your apple mixture in the greased baking dish and level. Add your fresh raspberries evenly over the top of the filling and with the palm of your hand press them into the apple mixture.
3. Topping mixture is now made by mixing your flour, sugar and cut up coconut oil pieces until it looks like coarse meal. Stir in your chopped Pecans and vanilla extract and stir together. Sprinkle your mixture evenly over the Peach mixture.
4. Bake for 30 to 35 minutes until golden brown and serve warm with a scoop of Vanilla Greek yogurt on top of the Crisp. Serves 6 hungry adults or 8 who had a nice meal before dessert. I top it off with a raspberry on top of the yogurt for a bit of color. Enjoy!



## Fruit Salsa and Cinnamon Chips

### INGREDIENTS

#### *Fruit Salsa*

- 2 Kiwis peeled and diced
- 2 Golden Delicious Apples diced
- 8 ounces Raspberries
- 8 ounces Blueberries
- 1 pound strawberries diced
- Cinnamon

\*This salsa is very versatile, feel free to swap out fruits and add new ones!

#### *Cinnamon Chips*

- 10 Whole Wheat Tortillas
- Olive Oil
- Cinnamon
- Optional: Honey



### DIRECTIONS

1. Preheat oven to 350 degrees.
2. Cut the tortillas into wedges and layer on a large baking sheet.
3. Brush with olive oil. Sprinkle cinnamon on top and drizzle with honey if desired.
4. Bake 8-10 minutes and then allow to cool 15 minutes before serving.
5. Make sure all your fruits are washed and diced. Sprinkle cinnamon on top and chill.

## Rustic Pear Tart

Submitted by: LiveWell Vermont/Recipe from: Eating Well

### INGREDIENTS

- 1 large ripe pear, peeled and thinly sliced
- 1/3 cup plus 1 tsp all-purpose flour, divided
- 2 TBSP sugar, divided
- ¼ tsp cinnamon
- 1/8 tsp nutmeg
- 1/8 tsp salt
- 1/3 cup whole wheat pastry flour
- 1 TBSP cold unsalted butter
- 2 TBSP walnut oil or oil of choice
- 1-2 TBSP cold water



### DIRECTIONS

1. Preheat oven to 375
2. Toss pear slices, 1 tsp all-purpose flour, 1 TBSP sugar, cinnamon, nutmeg, and salt in medium bowl.
3. Whisk 1/3 cup all-purpose flour, whole-wheat flour, and the remaining 1 TBSP sugar in a medium bowl. Cut in butter with a pastry cutter or a fork until the mixture resembles coarse meal.
4. Sprinkle oil over the mixture and stir with a fork until evenly combined.
5. Add 1 TBSP water and stir until the dough stays together when pressed with a fork. Add up to 1 addition TBSP of water if dough seems to dry.
6. Line a surface with parchment paper, generously dust with flour and form the dough into a small patty on it. Add more flour if necessary to prevent sticking. Roll out into a 10-inch circle. Transfer crust to a baking sheet lined with parchment paper.
7. Lay pear slices in a decorative, overlapping circles on top of the crust, leaving a 1 inch border around the edge. Spoon any remaining pear juice over slices. Pick up the edges of the crust using a spatula and fold over pears. The crust will not meet in the center.
8. Bake the tart until lightly browned and bubbling – about 40 minutes. Cool 10 minutes before serving.

## Sweet Potato Pie with Maple Praline Sauce

Submitted by: LiveWell Vermont

### INGREDIENTS

- 1 Wholly Wholesome Organic Traditional pre-made pie shell for a 9-inch pie (can find at Hannaford's markets as well as other local markets in Vermont)
- 1 cup of white sugar, divided
- 1 cup of chopped pecans
- 1 teaspoon of ground cinnamon
- 4 extra large eggs, lightly beaten
- 1 ½ cups of mashed sweet potatoes
- ¾ cup buttermilk
- ¼ cup of butter melted
- ¼ cup of REAL maple syrup
- ¼ teaspoon of ground cloves



### MAPLE PRALINE SAUCE

- ¼ cup of butter, cubed
- ½ cup of chopped pecans
- ½ cup of white sugar
- ½ REAL maple syrup
- ¼ cup of non-fat plain Greek yogurt

### DIRECTIONS

1. Line a 9-inch deep-dish pie plate with your pastry crust: trim the edges and flute the edges. In a small mixing bowl combine ¼ cup of sugar, chopped pecans, and cinnamon. Sprinkle evenly in your pastry shell and set aside.
2. In a large mixing bowl combine the beaten eggs, sweet potatoes, butter milk, butter, real maple syrup, cloves and the remaining sugar. Pour over the Pecan layer in the pie plate.
3. Bake at 350 degrees for 60 to 70 minutes or until a knife inserted in the center of the pie comes out clean. Cover the edges of the crust with strips of foil during the last 15 minutes to prevent over browning of the crust if necessary. Cool on a wire rack.
4. Now for the Praline sauce. In a heavy skillet, melt the butter. Add the pecans: cook over medium heat until toasted, about 4 to 5 minutes. Add your sugar and real Maple syrup: cook and stir for 2 to 4 minutes or until the sugar has dissolved. Remove from the heat and stir in your non-fat plain Greek yogurt. Swirl the sauce over the pie and you're ready to serve warm or chill in the refrigerator for a couple of hours. This pie a great warm or cold. Enjoy!